



Review Article

Awareness of Periodontitis in Students of Karachi

Safila Naveed^{*1}, Halima Saadia¹, Shagufta Naz¹, Tanzeela Malik¹, Muniba Imran¹, Sidra Qurban¹, Sana Urooj¹

¹Faculty of Pharmacy, Jinnah University for Women, Karachi, Pakistan

Abstract

Periodontitis is a common disease of the oral cavity. Periodontitis is the inflammation around the teeth. Gram negative bacteria are usually the causative agents for this disease. Apart from this, local and systemic factors also lead to periodontitis. The most common manifestation of periodontitis is bleeding from the gums. Treatment usually involves cleaning, medication and at times also surgery. Periodontitis is usually ignored and is not given much attention. Many people suffering from the disease don't even refer to a dentist. The aim of this study was to find the awareness of periodontitis among the students of Karachi. For this purpose intermediate students, early graduates (1st, 2nd and 3rd year), late graduates (4th and 5th year) and post graduate students were asked to fill a questionnaire about periodontitis and oral hygiene. The results were analyzed on the basis of their age and their stage of education. Only early graduates knew the most about the disease and oral hygiene whereas students of the age group 18-28 years knew the most. Thus it is concluded that the people of all age and students at different stages of education should be made aware of this disease to prevent from its severe consequences.

Key words: Periodontitis, oral hygiene, gum bleeding, dentist, medications

***Corresponding Author:** Safila Naveed, Faculty of Pharmacy, Jinnah University for Women, Karachi, Pakistan, Tel: 00923002621917; E-mail: safila117@yahoo.com, safila117@gmail.com

1. Introduction

“Peri” means around and “odontal” means to teeth. Periodontitis refers to the inflammation around the teeth. It is serious gum infection which destroys the soft tissues and bone that support the teeth. The classic diagnosis of periodontitis is presence of gram negative bacteria between dental plaque and host tissue. Local and systemic factor are two etiological factors responsible for periodontitis. Dental plaques and tobacco

use are the local factors whereas systemic factor involve nutrition deficiency, immune deficiency and blood disorders. Some of the internal host factors may also make the patient more prone to disease. Some recent data also suggest that a decrease in antioxidant activity in the body such as glutathione may lead to gum inflammation.

Pathology of periodontitis involves both host factor and bacteria which induce

host mediated process that destroy periodontal tissue and result in loss of attachment of bones.

The characteristic sign and symptoms of periodontitis include bright red or purplish gum, gum that pull away from your teeth which making teeth look longer than normal, spaces between teeth, bleeding when brushing and flossing. When the disease progresses to severe stage pus oozing from the teeth occurs.

Diagnosis of periodontitis is simple and is based on sign and symptoms. Complete information should be obtained from the medical and dental histories of the patient. Dental instruments are used to measure the pocket depth of the groove between the gums and the teeth. In healthy normal individuals the pocket depth is usually between 1-3 mm but pocket deeper than 5mm indicate periodontitis. Dental X-ray may also be performed to detect the loss of supporting bone and may also show the presence of plaque deposits under the gum.

Treatment involves deep cleaning, medication and surgical treatment by dentists. Medications generally include antimicrobial mouth rinse, antiseptic chip, antibiotic gel and microspheres as well as giving oral antibiotics. If needed, surgery may also be done and usually involves flap surgery and bone and tissue grafting.

2. Methodology

This study aims to find the awareness of periodontitis among students of different universities and colleges of Karachi. A survey was carried out for this purpose and a questionnaire was prepared. Following questions were asked to different students (intermediate, early graduate, late graduate and post graduates) of different age groups. All the data was evaluated through SSPS.

1. What do you know about periodontitis?
2. For the treatment of periodontitis what would you do?
3. What is the outcome of periodontitis?
4. How many times you changed your brush?
5. Do you think this infection required attention?

3. Result and Discussion

Periodontitis have become a serious disease which if not treated could lead to major consequences. This study is based on the awareness about periodontitis among students of Karachi. To achieve this we selected a random sample of 250 students and they were asked questions related to periodontitis through questionnaire.

When the students were asked about periodontitis early graduates i.e. students of 1st, 2nd and 3rd year knew the most about periodontitis, then late graduates whereas post graduates students knew the least.

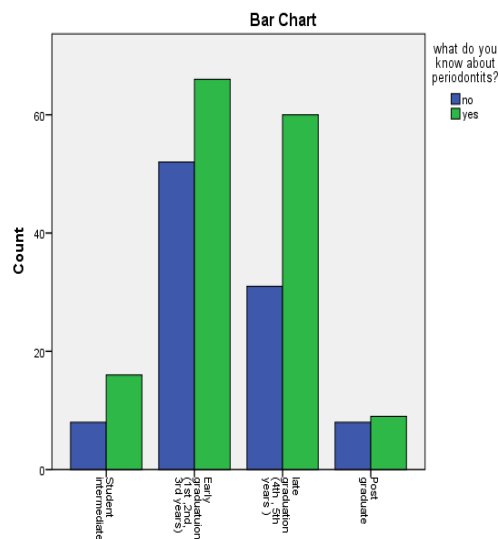


Figure 1.

Table 1 : Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Age * what do you know about periodontitis?	250	100.0%	0	0.0%	250	100.0%
Age * For the treatment of peirodontitis what would you do	250	100.0%	0	0.0%	250	100.0%
Age * Whats the outcome of periodontitis	250	100.0%	0	0.0%	250	100.0%
Age * How many times you change your brush?	250	100.0%	0	0.0%	250	100.0%
Age * Do you think this infection requiried attention?	250	100.0%	0	0.0%	250	100.0%
Qualification * what do you know about periodontitis?	250	100.0%	0	0.0%	250	100.0%
Qualification * For the treatment of peirodontitis what would you do	250	100.0%	0	0.0%	250	100.0%
Qualification * Whats the outcome of periodontitis	250	100.0%	0	0.0%	250	100.0%
Qualification * How many times you change your brush?	250	100.0%	0	0.0%	250	100.0%
Qualification * Do you think this infection requiried attention?	250	100.0%	0	0.0%	250	100.0%

The same pattern was observed for the remaining questions i.e. early graduates knew the most about the treatment and outcome of periodontitis, changing of their toothbrush and attention for periodontitis.

Figure 2.

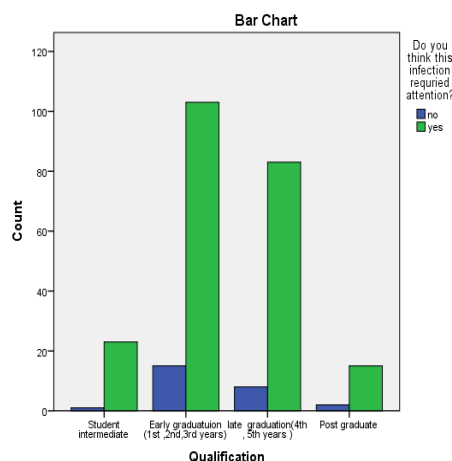
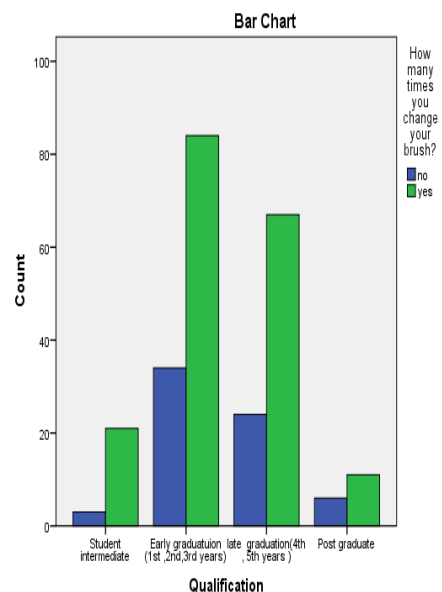


Figure 3.



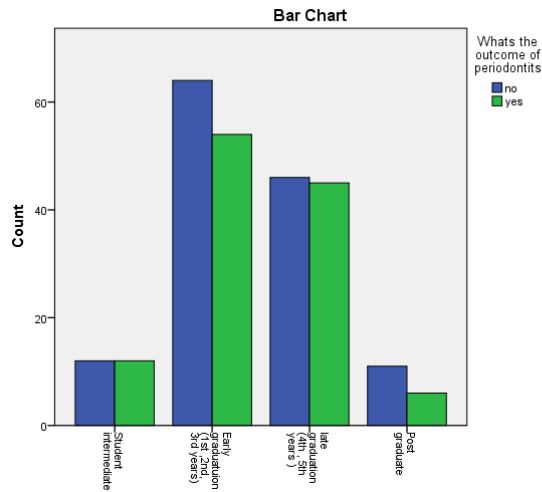


Figure 4.

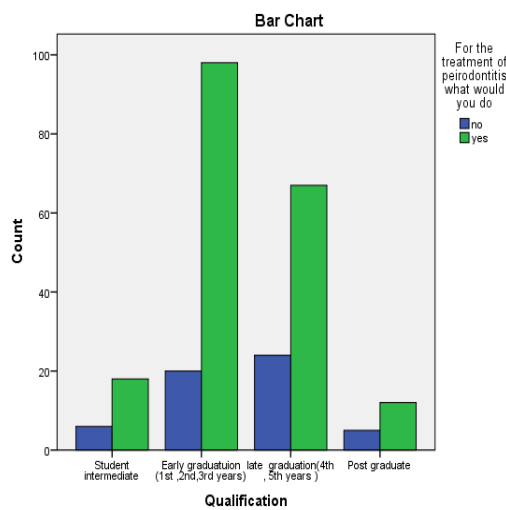
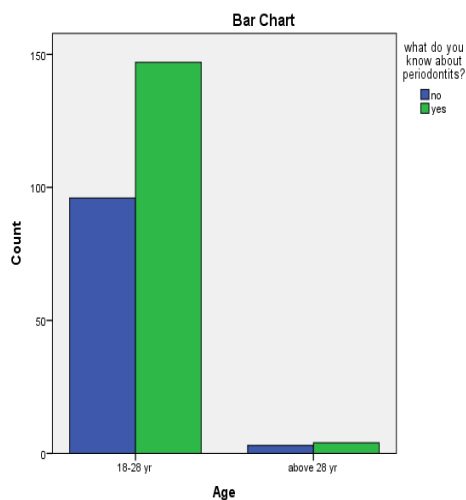


Figure 5.

When results were evaluated through age groups it was found that people of age group 18-28 years knew more about periodontitis as compared to people of age group more than 28 years. Figure 6.



The second question was about the treatment of periodontitis. The same result was observed i.e. people of age group 18-28 years knew more about the treatment.

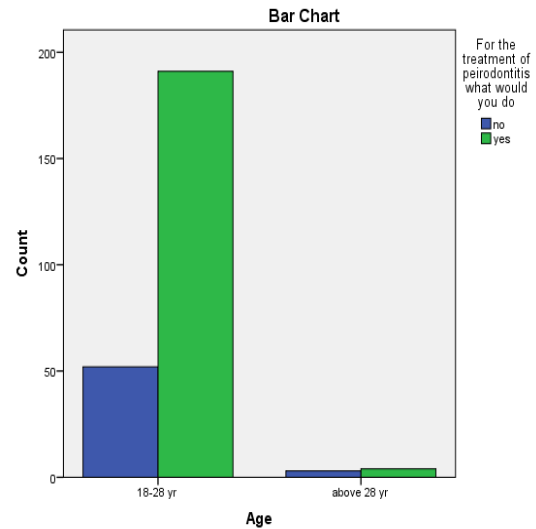


Figure 7.

The same pattern of results was obtained when people were asked about the outcomes of periodontitis, changing of toothbrush and attention for periodontitis (fig 8 – 10).

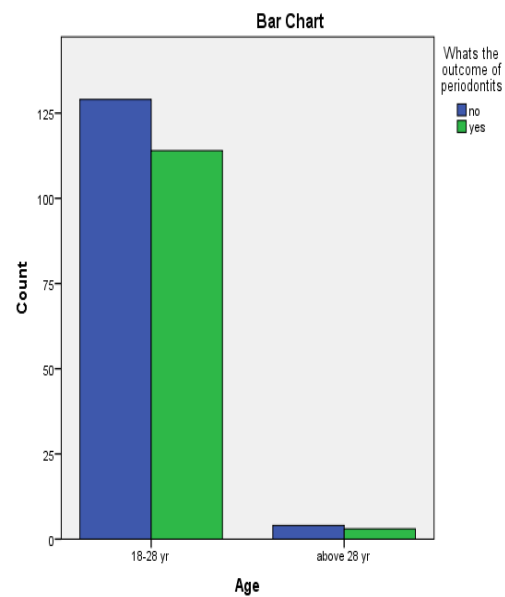


Figure 8.

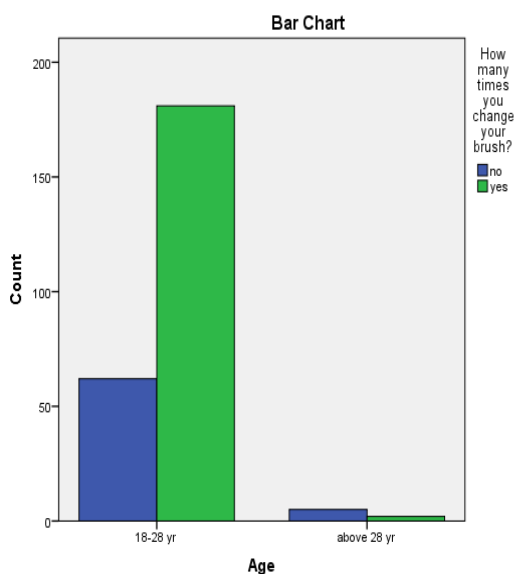


Figure 9.

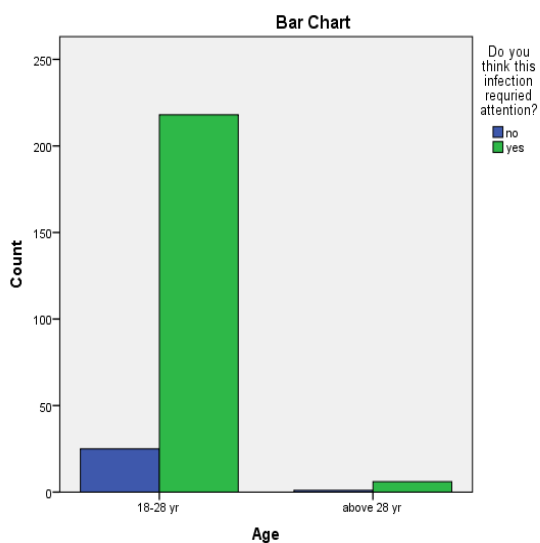


Figure 10.

4. Conclusion

Thus it is concluded that early graduates are more aware about periodontitis and oral hygiene as compared to intermediate, late graduates and post graduate students and such measures should be taken to make more people aware about periodontitis and oral hygiene.